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# metro

CALGARY • TUESDAY, NOVEMBER 18, 2008

metrone

Health pg 13



**Vogels**  
on losing  
a spouse  
to video  
games

## Man inside van grabs teenage girl

**WARNING** A public warning has been issued after an attempted abduction in the city's northeast Monday morning.

A 14-year-old girl was waiting at a bus stop at Pineland Road and 28th Avenue NE when she was approached by an older model white van. A suspect began speaking to the girl, then attempted to grab her.

A passerby, whom the police would like to come forward with information, yelled for the suspect to let the victim go. The man let go, and the van drove away.

The suspect is described as a Caucasian male, 35 to 40 years old, approximately five-foot-eight with a blondish-white mullet and a moustache, wearing a black jacket, blue jeans and red baseball cap.

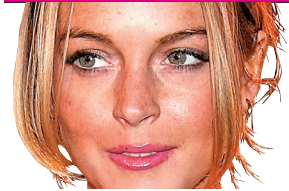
Anyone with information is asked to call 266-1234.

METRO CALGARY

Comment pg 7

Lawrence  
Martin on  
Harper, take 2

Celebrity Buzz pg 18



## Lohan tiring of Ronson?

Sports pg 11

All bets even  
for Grey Cup

Take Five pg 19



## Today's dish



Emily Pacheco, 12, tries to fire a shot past Calgary Flames forward Rene Bourque at the annual match between the Townsend Tigers and the Calgary Flames at the Alberta Children's Hospital. The match was meant to be a stress-free day for Children's Hospital patients dealing with illness and pain, said Flames Captain Jarome Iginla.

# Tigers best Flames, 11-6

## ACH kids claim 27th straight win in annual wheelchair hockey game

NEIL MACKINNON  
neil.mackinnon@metronews.ca

**It was all Dion Phaneuf could do to keep from jamming his stick between a few sets of spokes.**

Calgary Flames captain Jarome Iginla said he sat the hard-hitting defenseman down prior to the club's annual wheelchair tilt against the Alberta's Children's Hospital's Townsend Tigers yesterday.

**"I don't want to get any penalties by sticking sticks in spokes, but I'm going to do whatever it takes to win."**

Calgary Flames defenseman Dion Phaneuf

day. Despite relaying a need for proper decorum, the temptation lingered, Phaneuf said.

"I don't want to get any penalties by sticking sticks in spokes, but I'm going to do whatever it takes to win," chuckled

Phaneuf.

"I go hard at this game. The other team likes that, they don't want us to come in here and give it away."

It was the 27th meeting between the two clubs, meant to be a stress-free

day for Children's Hospital patients dealing with illness and pain, Iginla said.

"The sign-up sheet gets filled pretty quick for this event," Iginla said.

"It's funny to talk about tradition, but both sides have been clashing for years."

It was just that for Stef Johansson, 15, an ardent Flames fan who was wheelchair-bound after recent surgery and promised retribution for any

chippy play.

"It's pretty fun," she said. "It's super cool and really nice of them to take time out of their day to come and do this with us, it's more about the fun than anything."

The Tigers managed to claim their 27th consecutive victory, crushing the Flames 11-6.

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# Public weighs in on proposed city budget

**DEBATE** Ald. Ric McIver likened city council's budget to walking the grocery store aisles and filling the proverbial cart with all sorts of goodies.

Only when you reached the checkout, he said, council has found they don't have enough to cover the tab — so they have

to put things back.

McIver's analogous city budget depiction summed up what lay ahead for elected officials in their first of an expected five days of budget deliberations.

Mayor Dave Bronconnier welcomed the public to provide comment or

question on the proposed 2009 to 2011 three-year budget.

In doing so, a steady stream of citizens, associations and organizations with a vested interest in shaping the future of Calgary's tax revenue were unanimous in their sentiment: the proposed budg-

## Timeline

- Councilors will continue budget debate today, and for the rest of the week.

et is unacceptable.

After the public hearing, and in his own address prior to council's de-

liberation, Bronconnier reminded aldermen that much of what lay in the budget was approved in council chambers.

"This document is a council document," he said.

"All of these decisions, city council, we made."

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**Lung cancer forum**

The public is invited to an information session at the Foothills Medical Centre auditorium on Lung Cancer Awareness Day, this Friday, Nov. 21 from 12:30 p.m. to 4:30 p.m. **METRO CALGARY**

**3**

# Local

## City Hall **Budget sound off**



ROBIN KUNISK/FOR METRO CALGARY

The Canadian Taxpayer Federation's Scott Hennig was one of a steady stream of individuals who took the time to speak at a public hearing on the city's budget yesterday.

# Weeklong crime spree

Suspect may be responsible for other incidents: Cops

**NEIL MACKINNON**  
neil.mackinnon@metronews.ca



**As it turns out, Michael Peter Nadolnik may have gone on a weeklong crime spree before being nabbed, city police allege.**

Nadolnik, who was busted in a northeast bar while having a drink around 5:20 p.m. last Friday in connection with a carjacking and multiple sexual assault Nov. 10, now also faces further charges of aggravated assault, attempted kidnapping and two counts of robbery.

Staff Sgt. Curtis Olson said widespread media attention to the initial case and substantial help from the pub-

lic ultimately led to Nadolnik's arrest.

"Had he not been apprehended, it would have been professionally frustrating, certainly," Olson said.

Through the course of their investigation looking for the man responsible for the initial incident, police say Nadolnik may have been responsible for a number of new offences.

Last Wednesday at about 11:25 a.m., police allege that Nadolnik, brandishing a handgun, robbed First Calgary Savings in the city's northeast.

On Friday, nearly two hours before being arrested, police also allege Nadolnik busted a woman's jaw and

bruised her badly in a Doverglen Crescent SE assault when the woman refused to hand over her keys.

Police aren't ruling out connections to other incidents, but have found no connections at this point and doubt anything happened that hasn't been reported.

"It was such a violent offence and at the beginning of the week and as well as at the end of the week, I would presume that if that type of offence took place at any other time in Calgary ... somebody would report it," he said.

Nadolnik makes his first appearance in court on Wednesday.

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**Play** online games at [metronews.ca/play](http://metronews.ca/play)



## Triple murder trial opens

**TRIAL** Planned and deliberate, motive and means, Jeremy Steinke killed his 12-year-old girlfriend's family to keep her, a jury heard Monday on the opening day of the triple murder trial.

The Crown laid out their case against Steinke, on trial for the slaying of three members of a Medicine Hat family in April 2006, saying a confession to an undercover police officer

should remove any shadow of a doubt of his responsibility for the deaths.

The girl, who can't be named under the Youth Criminal Justice Act, was sentenced to 10 years in a psychiatric facility after being found guilty of three counts of first-degree murder.

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Claresholm RCMP issued a public request for assistance in the disappearance of a 15-year-old girl. Police are looking for Rebecca Dawn Marie Van Geffen, last seen at the Claresholm Arena. **METRO CALGARY**

## Inch by inch for charity

**KRISTA SYLVESTER**  
krista.sylvester@metronews.ca

Nineteen-year-old Calgaryan Allison McPhail has promised to cut her hair one inch for every \$100 donated to her chosen charity, something she hasn't done "since she was born."



Except, she says, for that one time in Grade 7 when a confused hairdresser cut her hair nine inches,

against the request of McPhail, who only wanted a trim.

"I've never had my hair cut my whole life, and until about a year ago I really had never seen myself doing it either," the University of Toronto engineering student told Metro.

But paired with the time it takes to care for her hair and the desire to help a good cause, she decided to cut her 48 inches of hair and donate the funds raised to the Centre for Affordable Water and Sanitation Technology.

McPhail's cut hair will go to Locks of Love.

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## Grads not worrying 'There will always be work out there'

**NEIL MACKINNON**  
neil.mackinnon@metronews.ca

**Available jobs are becoming more scarce as the economy falters across the globe, but soon-to-be University of Calgary graduates aren't concerned about finding work.**

For some like Tim Buckley, 24, who will graduate with a bachelor of arts in history in June, his first degree is more of a stepping stone to further education, which may come sooner than later if his aspirations of a music career don't pan out.

"I'm not averse to doing construction or manual labour if I have to," said Buckley. "There will always be work out there, you just might have to adjust."

Kenda Coulthard, 22, said Alberta's oil and gas-intensive economy should help shelter prospective employees to some extent.



22-year-old students Kenda Coulthard and Emily Nadon will be graduating this year from the Kinesiology program at the U of C and have high hopes for future jobs when they leave school.

While she's going back for post-graduate studies, she's certain there will be a job for her when she does finish school.

"People will always be

getting hurt — they'll always need someone like me to fix them up," said Coulthard, a kinesiology student who graduates this spring.

## Boys accused of killing cat get probation

**CHARGES** Two teens accused of killing a cat in a Camrose microwave pleaded guilty to break and enter charges Monday, receiving nine and 10 months probation respectively and 100 hours of community service.

The boys, who can't be named under the Youth Criminal Justice Act, argued they played no role in putting the cat in the microwave in the Dec. 30 incident.

**METRO CALGARY**

## More shooting victims appear

**INJURY** More people were injured in Sunday morning's Chinatown shootout than police previously thought. While two people were found wounded in the car at the scene on Centre Street and 2nd Avenue, police said Monday a third man was found with gun wounds to his head in Citadel and another two showed up at hospital.

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**Canada Post support staff on strike**

Canada Post administration and technical staff went on strike yesterday in a dispute over disability and family-leave benefits. The 2,100 members of the Union of Postal Communications Employees include counter staff and other support positions. **METRO NEWS SERVICES**

# Canada



## Mad-cow case confirmed

The Canadian Food Inspection Agency confirmed its 15th case of mad-cow disease since 2003 yesterday. The animal was identified as a seven-year-old dairy cow born well after Ottawa banned feed practices thought to spread the disease. The inspection agency said no part of the animal's carcass entered the human-food or animal-feed supply. The cow was discovered on a farm in British Columbia.

REUTERS

## Throne speech to focus on economy

**Economic tough times are forcing the government to rewrite the script for tomorrow's throne speech, scrapping a "laundry list" of priorities in favour of a speech focused on the financial woes buffeting the nation.**

The throne speech that Governor General Michaëlle Jean will deliver tomorrow at 2 p.m. will send a clear signal to MPs and the nation that the economy will be the "dominant" focus of the parliamentary session that resumes today.

"It's less a prescriptive laundry list of policies and actions the government in-

tends to take. It's heavily focused on the economy and less specific on other areas," an aide to Prime Minister Stephen Harper said yesterday.



Michaëlle Jean

The aide even conceded that non-economic promises made by the Conservatives in the last campaign would likely take a back seat.

Harper yesterday held a conference call with premiers and territorial leaders to brief them on his weekend discussions at the G20 meeting.

Accelerated infrastructure spending is seen as one remedy by industry experts.

TORSTAR NEWS SERVICE

## James Blunt Metro guest editor



Singer James Blunt reads the copy of Metro Vancouver that he helped edit before performing at G.M. Place last night. The acclaimed musician was the guest editor of more than 100 Metro editions published yesterday around the world.

## Rescue crews reach site of fatal B.C. plane crash

MARIA COOTAUCO for Metro Canada



### RCMP

• RCMP police and investigators are set to return to the crash site this morning to remove the bodies.

**ESCAPE** Search and rescue crews hiked half a kilometre yesterday morning to reach the site of a plane crash on Thormanby Island near Sechart that killed seven of eight passengers.

A 35-year-old Edmonton man was the lone survivor of the crash, escaping just before the plane exploded. Tom Wilson is recover-

ing in a Vancouver Hospital with just cuts and burns.

Five of the passengers — Kyle Adams, Jerry Burns, Ajay Cari-

appa, Wally Klemens and Matt Sawchenko — were employees of Peter Kiewit Sons, CBC News Online reports.

### News in brief

**HEALTH** Some 30 per cent of adult Canadians diagnosed with asthma do not actually have the disease, new research out of the University of Ottawa suggests.

**AUTO INDUSTRY** Ontario will team up with Ottawa on a visit to Washington to get the "lay of the land" regarding a U.S. bailout of the auto industry.

TORSTAR NEWS SERVICE

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Feb. 1-Mar. 15 • 1 wk.

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Somali pirates have captured a fully laden Saudi supertanker far off east Africa, seizing the biggest vessel ever hijacked with a cargo of oil worth over \$100 million in an attack that pushed world crude prices higher. **REUTERS**

# World



## Ex-rivals pledge to work together

President-elect Barack Obama, left, and vanquished rival John McCain, far left, met for the first time since the Nov. 4 election yesterday, pledging to work together to face the financial crisis and reduce government waste. The two men were laughing and joking against a backdrop of American flags at Obama's presidential transition headquarters, a far cry from the bitter back and forth they engaged in during the campaign. **REUTERS**

### News in brief

**STONE AGE** A 4,600-year-old grave in Germany containing the remains of two adults and their children provides the earliest evidence that even prehistoric tribes attached importance to the family unit, researchers said yesterday.

**ACID** Students are slowly returning to classes at a Kandahar City girls' school following an attack last week that left several girls with acid burns on their faces. Two men threw acid at the students on the way to school.

**METRO NEWS SERVICES**

## Virginity verdict overturned

**A French appeals court yesterday overturned a ruling by a lower tribunal that annulled the marriage of a Muslim woman accused of lying about being a virgin.**

The marriage was annulled earlier this year when a court held that the woman had lied over what is called in French law an "essential quality",

### Background

The couple, a computer specialist in his 30s and a trainee nurse in her 20s, were married in 2006 in the northern French

city of Lille but the husband rejected his wife after discovering on the wedding night that she was not a virgin.

in this case her virginity. It ruled that the marriage contract was therefore invalid.

The case sparked out-

rage from both feminists and human rights activists shocked that a court could consider virginity an "essential quality".

Some politicians also expressed concern that conservative Muslim values were creeping into French law.

Following the public uproar, the government ordered an appeal. The court ruled that virginity "is not an essential quality in that its absence has no repercussion on matrimonial life." **REUTERS**

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## Bolivia 144-million-year-old footprints found



Bolivian farmer Primo Rivera stands in an area called Tunasniyoj where he made a new discovery of dinosaur footprints near Icla on Nov. 16. This discovery is dated by Argentine paleontologists at 144 million years old, and contains some 300 footprints from two types of dinosaurs.

## Inauguration scalpers targeted

**TICKETS** People trying to sell tickets to Barack Obama's inauguration as the 44th president of the United States may face a fine of up to \$100,000 US or a year in prison, if a U.S. senator has her way.

Democratic Sen. Dianne Feinstein of California introduced a bill yesterday that she hopes Congress will pass this week, ahead of Obama's Jan. 20 inauguration. It proposes prohibiting the sale of inaugural tickets. Some 240,000 tickets are to be made available for free to the public through the offices of senators and congressmen. **REUTERS**

## NBA owner Cuban charged with insider trading

**SEC** Mark Cuban, owner of the Dallas Mavericks professional basketball team, was charged with insider trading in shares of Mamma.com Inc, an Internet search engine firm, the Securities and Exchange Commission said yesterday.

Cuban faces civil charges by acting on nonpublic information and selling his entire stake in

Mamma.com to avoid more than \$750,000 US in losses, the SEC alleged.

Cuban, listed by Forbes magazine as one of the 400 richest Americans with an estimated net worth of

\$2.6 billion, said he intends to contest the allegations. On his blog, Cuban said the matter has no merit and is the result of gross abuse of prosecutorial discretion. **REUTERS**

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# Comment & Views

## Comment

# Hoping for harmony

## Signs pointing to more peaceful Parliament

### NationalReport



After five months of downtime, our palace of “dys-function” as the prime minister called it, reopens today. We recall Parliament was shut down — and an election held — because it got so unruly they were thinking of handing out construction helmets.

The farces piled up. Everything short of bills stipulating new doorknobs for the parliamentary restaurant was declared a vote of confidence. Mini matters, such as an MP viewing his barely-clad girlfriend on his laptop,

became the talk of scandal. The inmates can surely do better than this — and in this 40th parliament there is hope the discord can be turned to harmony. A global economic crisis tends to focus the mind beyond the flimsy.

We have a prime minister who seems less uptight than he was in his first confrontational term when it was like he was on a baby seal hunt. Stephen Harper met with the premiers last week, making peace around the table. He met with his party flock in Winnipeg and, sounding like he's becoming attuned to the Canadian mainstream, issued a warning against being ideological. He sat down with world leaders in Washington to gain a greater global perspective.

Prior to this, he appointed a new House leader, Jay Hill, who promises to be more accommodating than the last one. He has given his members permission to vote

**“We have a prime minister who seems less uptight than he was in his first confrontational term when it was like he was on a baby seal hunt.”**

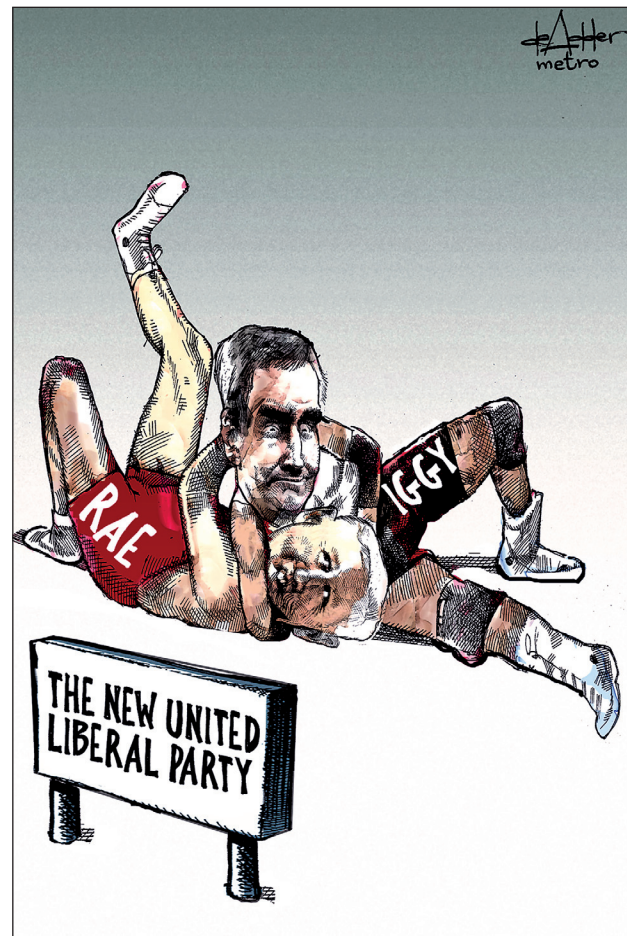
for a new Speaker — the vote is today — to try and replace the current one, Peter Milliken, who has been unable to control the chamber.

The Liberals are in the course of electing a new leader, meaning there should be no attempts to bring down the government for at least a year to come. The opposition parties will rant and rave about the government heading into deficit, but it's a red herring. There's nothing wrong with running a modest deficit, as Mr. Harper has stated, as long as it isn't for the long term.

The example of a new more mature government in the U.S. may spread here and elsewhere. There is a wide sense, given the looming global crisis, that co-operation should replace confrontation. In Washington it was a group of 20 leaders — Paul Martin's original idea — that met instead of the unrepresentative G8. In Afghanistan, the president is inviting the Taliban for peace talks, something our government should be encouraging.

After a first term in which he seemed to spend more time undermining democracy than adorning it, Stephen Harper appears to have moved beyond the point of petty squabbling. Other political leaders in Ottawa will hopefully show the same rational spirit. It's no time for the small stuff.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.



## Letters

Jason Setnyk, CORNWALL, ONT.

Terrorists have thrown acid in the face of freedom. I was horrified by the news that some school children, including young girls, were brutally assaulted and scarred for life.

It is a stark reminder that the job in Afghanistan is not over. From 1996 to 2001, the Taliban ruled, and they eliminated women's rights. The Taliban lost the war in 2001, they lost power, and now a new generation of women has hope.

Attacking these young girls might stop some Afghan parents from sending their children to school. But this brutal assault has shown the world what these thugs stand for. It will only inspire the Afghan people and the troops stationed in Afghanistan to continue fighting hard until the streets are safe, and women there are treated with respect and equality.

Ricardo Di Cecca,  
BURLINGTON

Re: Portrait of Contempt,  
Nov. 13

There is an under-reported reason as to why so few

voted on Oct. 14.

The electorate had no viable political party to address today's moral issues. In reality, it remains near impossible to find a party that speaks cogently, eloquently and coherently about matters of penultimate values.

Consider the squandered parliamentary vote on the redefinition of marriage, the run-amok human rights commissions, the divisive naming of an abortionist to the Order of Canada and, most recently, the Harper government's initiative to squelch C-484 (unborn victims protection bill).

When debate is limited and/or avoided, it will always result in stay-at-home, disenfranchised voters.

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## Views

# Privacy, security go hand in hand

By DR. ANN CAVOUKIAN, PhD

For more than a decade, I have been advancing the concept that technology has the ability not only to encroach upon privacy — but also to protect it. Since the 1990s, I have been advocating that we can eliminate the “zero-sum” game of sacrificing privacy in favour of security — but only if we address how to protect privacy while we are creating new security technologies.

In other words, we must opt for a “positive-sum” scenario wherein privacy and security can both co-exist. In doing so, we enlist technology to protect privacy and safeguard personal information through privacy-enhancing technologies, called PETs.

When applied to technologies of surveillance,

PETs can literally transform a security technology to one that is protective, rather than invasive, of privacy — hence my term for them: transformative technologies. But this can only happen if privacy is built directly into the architecture of a technology, at the developmental stage. I call this “privacy by design” — embedding privacy into the design specifications of whatever technology is involved.

One example of this is the new Enhanced Drivers' Licences (EDLs) that at least four provinces are developing. Starting next summer, Canadians who are not car-



Dr. Ann Cavoukian

rying a passport must have an enhanced drivers' licence that meets U.S. standards in order to cross the U.S. border. B.C. already has a pilot project under way, and Ontario, Manitoba and Quebec will soon be launching EDL programs. A number of other provinces are considering this. These enhanced drivers' licences must include a radio frequency identification (RFID) tag in order to be accepted at the U.S. border. However, RFID tags are vulnerable to a number of security weaknesses that leave them open to eavesdropping, surveillance and identity theft.

That is why we must prevent the unauthorized disclosure of the information embedded in an RFID chip. Currently, the suggested method for allowing cardholders a measure of privacy is to pro-

vide them with an electronically opaque sleeve, called a Faraday Cage, which would block the transmission of information from the RFID. However, the truth is that most people won't remember to use the sleeve. In my view, the simplest and most elegant solution would be to add an “on/off” switch to the RFID chip. And this is becoming quite feasible. There are already several companies that have successfully developed and tested “on/off” switches for RFID chips.

We can achieve privacy without losing functionality, but only if we lead with privacy and embed it into the design and architecture of all new technologies — a true “win/win” for everyone.

Dr. Ann Cavoukian is the Information and Privacy Commissioner for the province of Ontario.



General Motors Corp. will sell back its 3 per cent stake in Suzuki Motors Corp. for \$232 million US as part of the struggling automaker's efforts to raise cash. Suzuki will pay 1,363 yen, Monday's closing price, per share to buy back the stake. **REUTERS**

# Business

EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

## In brief

**OIL** TransCanada Corp. said it plans to issue up to \$1.16 billion of stock to fund projects like the Keystone oil pipeline — its second billion-dollar offering in half a year against a backdrop of weak financial markets. TransCanada had earlier said it hoped to secure credit lines instead. **REUTERS**

## Online shopping sees quick growth

**Online shopping in Canada rose dramatically in the last two years, according to Statistics Canada, but at least one survey shows that trend could reverse this holiday season.**

Canadians spent \$12.8 billion online in 2007, the federal agency said yesterday. That's a 61 per cent increase over 2005, Statistics Canada noted. The volume of sales also grew, 40 per cent, to 69.9 million items.

The trend didn't surprise Jim Okamura, a consultant with J. C. Williams Group Ltd.

"We've clearly been seeing this growth happening," Okamura said. Consumers are getting more comfortable with the idea of shopping online and more retailers are competing in the online space, he explained.

However, there are growing signs that online spending is slowing along with other forms of shopping, another victim of the wider financial and economic malaise gripping the globe.


Online behemoths, such as Amazon.com and Ebay, both lowered their fourth-quarter financial forecasts last month citing slowing consumer spending in the U.S., their biggest market. Both operate in Canada.

One survey, conducted for Deloitte & Touche, showed Canadians planned to do less online shopping this holiday season.

"My interpretation ... with less cross-border shopping there would be less use of the Internet for certain kinds of shopping," said a Deloitte partner.

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## Spain Pro-Tibetan protests



Pro-Tibet demonstrators protest in front of Maritim Museum before the opening ceremony of the Global China Business Meeting in Barcelona yesterday, where business leaders examined the state of the global economy and China's role in warding off a global recession.

## More layoffs, bailouts and recessions

**ECONOMY** Japan became the latest major economy to fall into recession after European economies, and Citigroup said yesterday it would cut 52,000 jobs, or 15 per cent of its workforce, in one of history's largest layoffs.

Recognizing that the auto industry is bearing the brunt of the global slowdown, the U.S. Senate debated a bailout of American car firms, Germany said it was ready to guarantee funds for General Motors Corp.'s Opel unit, and Japan's Toyota came under ratings scrutiny.

Following the G20's unfruitful weekend meeting, the IMF said it needed at least \$100 billion US in extra funding to fight the crisis. **REUTERS**

## Petro-Can delays oilsands mine

**ENERGY** Petro-Canada said yesterday it will delay a final go-ahead for the mining portion of its planned \$21 billion Fort Hills project, looking to the weak economy and falling oil to

lower overhead costs that have plagued rival ventures. The company won't make a decision on proceeding with the mine until next year, as it expects costs to decline. **REUTERS**



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business 9

## Your Money

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

# Rising from ashes

SmartCookies



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In recent months, the term “rock bottom” has been closely linked to speculation around our financial markets or even the recent drop in the prices of real estate; however, for the five of us, the expression has a more personal meaning. Fortunately, the outcome of our individual all-time lows turned out to be positive ones.

For Andrea, her financial rock bottom came in her late 20s, several years into her career in marketing. After getting a promotion, she had accumulated close to \$20,000 in consumer debt, the majority of which was spent on designer coffees, stylish jackets and dinners out with



Whether you are lying about money or just lying about the type of life you can afford to live, there are people who can sympathize.

friends. After racking up two credit cards, as well as her line of credit, she soon found herself dodging creditor's calls at work. But Andrea's all-time low came when she was asked to go on a work trip to Denver and to expense the flight and hotel on her credit card. Problem was

— she couldn't.

Katie, a thriving publicist, knew she was in trouble when she found herself anticipating her fiancé's time on the golf course. Why? Because his golf games translated into four uninterrupted hours of shopaholic spending. On many occasions, Katie

would rack up her credit card with hundreds of dollars in clothes and then scurry around hiding the tags to prevent her future husband from noticing her new purchases.

It was only when her fiancé stumbled across a \$300 price tag for Katie's 13th pair of designer jeans,

**“Just like the anticipation of a weigh-in, there is nothing like knowing you will have to confess to your impulse purchases at this week's money group, to prevent you from overspending.”**

that she realized she had a problem.

Whether you are lying about money or just lying about the type of life you can afford to live, we have been there. We came, we spent, we delved deep into debt and, for us, salvation finally came in the form of a money group. After finding each other, we made a pact to get out of debt and start living our richest lives; what we were never able to achieve financially as individuals, we were able to do with the support of one another. It wasn't easy. But if we were able to do it, so can you!

Forming a money group is the simplest way to commit to changing your spending patterns. Just like

the anticipation of a weigh-in, there is nothing like knowing you will have to confess to your impulse purchases at this week's money group, to prevent you from overspending.

Whether you know people who want to start a money group, or are looking to start one, smartcookies.com offers tools and resources to help you on your way. We may even know of groups in your area that you can join.

If you have a story about your money group or are looking for more money-saving tips, e-mail smartcookies@metronews.ca.

Tune in Wednesday night at 9 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

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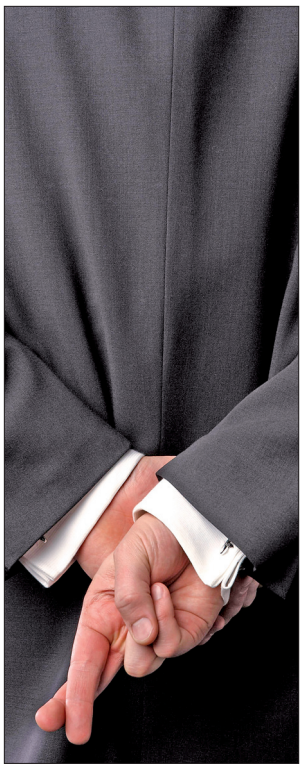
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Scam artists prey upon individuals in times of economic hardship — like now.

## Scam sharks smell blood

Beware of deals that are too good to be true

### MoneyMatters

**Henry Choo Chong**  
choochonghcg@yahoo.ca

**Q** I am married with a beautiful six-month baby girl. Several months ago, my wife got laid off from her job. I earn a decent salary but it's very difficult with one income. She would like to start up a small business. We were offered start-up capital at two per cent interest rate. The broker requires a 10 per cent deposit to secure the financing. Is this a good deal?

Sal

**A** Canadians should brace themselves for a slowing economy, with difficult times ahead for many businesses and individuals.

In difficult times, individuals should be more diligent. Scam artists prey upon individuals in times

# It's never too early for these tax tips for 2009

Looking for tax relief? You are not alone — a recent poll by the Canadian Taxpayers Foundation found

that 65 per cent of Canadians say federal personal income tax rates are too high.

There are some simple steps to ease your tax bill: **Maximize your RRSP**  
Invest some of your

salary or income in an RRSP, the government will give you a current deduction for that amount and

**"If you receive a tax refund from Ottawa, I recommend socking those dollars away in a TFSA and start saving right away."**  
Dennis Tew, CFO

tax any income when it is withdrawn, rather than when it is earned. Your tax statement from last year will tell you the maximum amount you may contribute to your RRSP for the tax-year ending Dec. 31.

**Save for a rainy day with a Tax-Free Savings Account (TFSA)**

Starting in 2009, you may contribute up to \$5,000 a year to the new Tax-Free Savings Account. Contributions to a TFSA are not tax deductible but the income or gains you earn in the account will be tax-free.

"The TFSA is a great means to supplement your long-term savings plan," said Dennis Tew, chief financial officer of Franklin Templeton Investments Corp. "If you receive a tax refund from Ottawa, I recommend socking those dollars away in a TFSA and start saving right away."

**Take advantage of investment losses**

Markets can be volatile. It may make sense to sell that money-losing investment, property or asset. The loss can then be used to offset any capital gains you may have incurred from better-performing securities or assets you may own. If net capital losses cannot be used in the current tax year, you may be able to carry them back to recover tax paid in prior years.

Check with the CRA or visit [franklintempleton.ca](http://franklintempleton.ca) for more tips. **NEWS CANADA**

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of economic hardship. They have no remorse and do whatever it takes to steal your hard-earned money. They use catchy lines like "Easy money," "No experience needed," "Lots of money for little work."

You already know the

old cliché: If it sounds too good to be true ...

It is illegal to ask for money upfront for a loan, prior to an agreement. Don't be too quick to write a cheque. There are many different fraudulent schemes and scams out there. Some are old, some

new, and others old with a new twist.

Regardless if the face is jolly with a red suit, watch out for some of these fraudulent schemes:

- Loan scams that ask for money in advance of an agreement or the loan
- Identity theft and credit

cards scams

- Billing scams that ask for payment, although no service was performed or goods sold
- Home-based business scams
- Pyramid and MLM schemes that require a fee for recruiting people, not

for selling products

- Charitable donations for computers, developing countries, etc., that offer tax refunds greater than your contributions.

Henry Choo Chong, CGA, provides professional accounting and taxation solutions: [choochonghcg@yahoo.ca](mailto:choochonghcg@yahoo.ca).

### Investing

**Allan Small**

The week's column looks at the market's behaviour. Visit [metronews.ca](http://metronews.ca)



**Gilmour to coach Frontenacs**

Former NHL star Doug Gilmour left his post as assistant coach with the AHL's Toronto Marlies to take on head coaching duties with his hometown team, the OHL's Kingston Frontenacs. **METRO NEWS SERVICES**

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# Sports

SPORTS@METRONEWS.CA

## Pujols wins second MVP

St. Louis Cardinals first baseman Albert Pujols has been named the National League's Most Valuable Player, as voted on by the Baseball Writers' Association of America. Pujols, who won this award in 2005 and is a four-time runner-up, garnered 369 points to outdistance Philadelphia first baseman Ryan Howard by 61 points. **METRO NEWS SERVICES**

# No favourite for Grey Cup

### YorkReport

**Marty York**

marty.york@metronews.ca

The Alouettes lost only two of their 10 home games this season — one of those was a meaningless match in which their all-star quarterback did not play — and yet they are not favoured for Sunday's Grey Cup game in Montreal.

No, the oddsmakers decided yesterday to make the game between the Als and the visiting Calgary Stampeders a pick, meaning bettors will have to lay \$1.10 either way to win a dollar.

"If the game were being played at a neutral site, Cal-

gary definitely would be favoured," Canadian handicapper **Randall (The Handle) Steinberg**, who is primarily responsible for establishing point spreads on CFL games, told me yesterday.

"The Stampeders come out of a much tougher division in the West and they didn't get to play the weaker Eastern teams as much as Montreal did. So, in reality, Calgary is the better team. But home field advantage matters, and Montreal has that, so the game has to be a pick."

Actually, the Stamps were one of the only two teams to defeat the Als in Montreal this season — a 23-19 triumph back on July

**Montreal Alouettes quarterback Anthony Calvillo will look to lead his team to a Grey Cup win in front of a home crowd on Sunday.**

19. The Als' only other loss in Montreal was on Oct. 26, when the Winnipeg Blue Bombers defeated them 24-23. That game was meaningless, however, because the Als already had locked up first place in the East and decided to rest QB **Anthony Calvillo**.



Calvillo's backup played instead and, well, let's just say **Marcus Brady** is no **Tom Brady**.

The Stamps also downed the Als 41-30 in Calgary in September.

"We know we can beat Montreal," Stampeders receiver **Nik Lewis** said. "But we have to be all business. Montreal is a party town, but we can't let ourselves get caught up in all the atmosphere."

The Stamps also will need to play better than they did last Sunday, when they edged the B.C. Lions 22-18 in the Western final. Other than linebacker **Mike Labinjo**, a Torontonion who recorded eight tackles and three sacks, no Calgary

player was spectacular. In fact, the Stamps couldn't even end the game properly. They tried to run out the clock — a pretty routine task in this era of quarterbacks kneeling — but they failed and actually left the Lions with a second on the clock and a shot at winning with a Hail Mary pass.

The Als, on the other hand, turned in a first-rate performance in their Eastern final victory over the Edmonton Eskimos. They weren't even penalized once all game.

So you might be inclined to pick Montreal over Calgary this Sunday. Not so fast, though. I'm taking Calgary, and I'll explain why later this week.

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

### SCOREBOARD

#### NHL

##### YESTERDAY'S RESULTS

Boston 3 Toronto 2  
N.Y. Islanders 2 Vancouver 1 (SO)  
N.Y. Rangers 2 Ottawa 1 (SO)  
Detroit 4 Edmonton 0  
San Jose 4 Nashville 1

##### TONIGHT'S GAMES

Minnesota at Pittsburgh  
Montreal at Carolina  
Edmonton at Columbus  
Florida at Tampa Bay  
Chicago at Phoenix  
Colorado at CALGARY

#### NBA

##### YESTERDAY'S RESULTS

Houston 100 Oklahoma City 89  
Utah 109 Phoenix 97  
San Antonio at L.A. Clippers

#### NFL

##### YESTERDAY'S RESULTS

Cleveland 29 Buffalo 27

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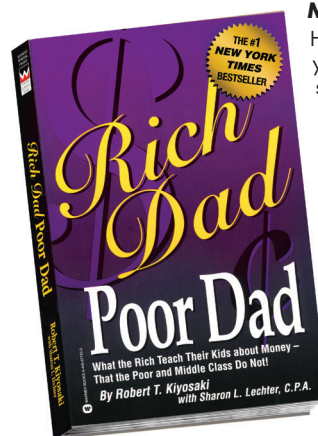
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One died leaving tens of millions of dollars to his family, charities, and his church. The other left a legacy of unpaid bills. Both men were strong, charismatic, and influential.

### Both men offered me advice, but they did not advise the same things.

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Boston Celtics forward Kevin Garnett has been suspended for one game without pay for throwing a punch at Milwaukee Bucks centre Andrew Bogut. In the Celtics' 102-97 overtime victory over Milwaukee on Saturday, Garnett smacked Bogut in the forehead. Bogut had elbowed Garnett during a play under the basket. **METRO NEWS SERVICES**

# Oilers blanked by Detroit

Red Wings 4 Oilers 0

**Ty Conklin stopped all 21 shots he faced for his first shutout of the season, and the Detroit Red Wings blanked the Edmonton Oilers, 4-0, at Joe Louis Arena in Detroit last night.**

"It's nice to get that first (shutout) one here to get rid of the butterflies early," Conklin said. "I had to make a couple of tough

saves on (a 5-on-3 Oilers power play), but for the most part we were solid in our end. That's as good as we've been all year."

Niklas Kronwall's first-period power-play goal proved to be the game-winner for Detroit. Mikael Samuelsson, Jiri Hudler and Johan Franzen also scored.

In other action last night, it was:

**BRUINS 3 MAPLE LEAFS 2** — Tim Thomas made 28

saves and withstood a late Toronto surge as the Boston Bruins edged the Maple Leafs 3-2 at Air Canada Centre in Toronto.

**RANGERS 2 SENATORS 1 (SO)** — Nikolai Zherdev scored the lone shootout goal and the New York Rangers edged the slumping Ottawa Senators 2-1 at Madison Square Garden in New York City.

**ISLANDERS 2 CANUCKS 1 (SO)** — Frans Nielsen scored

the lone goal in the shootout, and the New York Islanders edged the Vancouver Canucks, 2-1 at Nassau Veterans Memorial Coliseum in Uniondale, N.Y..

**SHARKS 4 PREDATORS 1** — Devin Setoguchi and Patrick Marleau both registered a goal and an assist, as the San Jose Sharks bested the Nashville Predators, 4-1, at the Sommet Center in Nashville.

**METRO NEWS SERVICES**

## NFL Browns edge Bills 29-27



Bills quarterback Trent Edwards couldn't lead his team past the Cleveland Browns last night in Buffalo. Rian Lindell pushed his 47-yard attempt wide right in the final minute as the Browns held on for a 29-27 win over the slumping Bills.

### Sports in brief

**BASEBALL** The New York Yankees have sold the contract of pitcher Darrell Rasner to a team in Japan's Central League, according to a report by ESPN. The report states that the contract was sold to the Tohoku Rakuten Golden Eagles for \$1 million, and Rasner is expected to sign a two-year contract with the team.

**BASEBALL** The San Francisco Giants signed left-handed relief pitcher Jeremy Affeldt to a two-year contract yesterday. Financial terms of the deal were not disclosed. Affeldt went 1-1 with a 3.33 earned run average in a club-high 74 appearances for Cincinnati last season.

**METRO NEWS SERVICES**

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**Cancer patients forget**

Many newly diagnosed cancer patients, no matter what their age, have trouble absorbing all the information their doctors give them, a new study shows. **REUTERS**

# Health



## Smoking may worsen PMS

Here's another reason not to smoke, if you're a woman: PMS. Women 27 to 44 years old who smoke are twice as likely to develop premenstrual syndrome over the next two to four years, especially hormonally related symptoms like backaches, bloating, breast tenderness and acne, Dr. Elizabeth R. Bertone-Johnson of the University of Massachusetts in Amherst and her colleagues found.

**REUTERS**

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

# Coughing irks colleagues: Poll

**CELIA MILNE**  
for Metro Canada



The guy in the next cubicle sounds like he's hacking up a lung. Annoying, eh? But, guess what? Next time you have a cough, you'll probably go to work too.

Cadbury, the makers of Halls menthol-lyptus cough drops, did a survey of 1,000 Canadians to tickle out their feelings about coughing. One amusing result was that while 68 per cent of us are irritated by people coming to work sick, 62 per cent of us admit that we also go to work with a cold and cough.

The older we are, the

crankier we get about coughing coworkers. More people aged 35 to 54 are bothered (80 per cent) than the more carefree folks aged 18 to 34 (55 per cent).

While there's not much we can do about other people's hacking, there are ways to diminish our own coughing fits. "You can have some control and shorten the duration of your cough," says Dr. Brian Levine, medical director of The Cough Centre in Orange County, Calif. Here are his tips for the four stages of a cough:

**1) First stage** You feel a heavy head, you're dragging. Your throat is itchy. You have a clearing-your-throat-type cough. "This

is the most infectious stage," says Dr. Levine. "And also the stage you can do the most about." Dial down your schedule to help you fight off infection. Get lots of rest, drink fruit juices, and increase antioxidant intake by eating more fruits and vegetables.

**2) Second stage** You are actually getting the cold. You're sneezing and have a scratchy throat. This is a dry-sounding cough, which comes in short bursts. It's infectious. "Get lots of sleep. Drink lots of fluids to hydrate and loosen secretions and flush out toxins," says Dr. Levine.

**3) Third stage** Now you have a sore throat and con-

gestion; you may have fever and chills. This cough is "deep and loud and wet and distracting" and is the one that most irritates coworkers. It is still infectious. Use saline nasal rinses twice a day and use a warm steam vaporizer at night. Don't exercise. "Mellow out. Take it easy and build up your endorphins. Read a good book. Listen to great music."

**4) Final stage** You are feeling better, but still have a tight cough with a wheeze at the end. This cough is not infectious. Emphasize protein in your diet. Get back to exercising, especially stretching and strengthening. Do deep breathing exercises.



Sixty-two per cent of us admit we go to work with a cold and cough, a recent survey suggests.

## Calling all game widows

### The J Spot

#### Josey Vogels

Sex talk with Josey

The tragic death of Ontario's Brandon Crisp — who died after running away from home after a gaming argument — has raised serious concerns about teens and online gaming. But parents aren't the only ones struggling. If you've heard the phrase, "Five more minutes, hon" one too many times from your beloved, you may have come to be known as a "Game Widow." And the consequences can be equally serious.

Game Widow author Wendy Kays tells me about one couple in which the husband was a stay-at-home dad, except his obsessive online gaming habit left little time for parenting. Through the game he met a female avatar (your online character) and married her online, convinced he wasn't cheating because it was only a game. When his teenage son discovered this, his father told him not to tell mom, showering the boy with gifts and attention

to keep him quiet. The son eventually attempted suicide.

With the explosion of MMORPG's (multiple massive online role-playing games, like Second Life and World of Warcraft), the number of online gamers is growing, ergo, the number of Game Widows. Only about 10 to 20 per cent

of those who play these games become obsessed, but considering that World of Warcraft alone has about 10 million players worldwide, based on population statistics, there are probably one million Game Widows for that one game alone. "And that's low balling it," says Kays.

How do you know if your partner has a problem? "It's hard to put a number on it. In fact, some people like that their partner spends so much time online because it frees them up to do what they want. I say that if you are emotionally involved with a game you've never played, you're a Game Widow," says Kays.

The biggest problem with these games is something Kays refers to as "the glue," that is, the aspect of

these games that gets men and women players emotionally involved. "You have a unique persona and relationships with other people in a fantasy world you control, that may feel more fulfilling than your real life."

And having a partner constantly at you to stop often only succeeds in pushing them deeper into their feel-good world.

Kays, a former Game Widow herself, suggests instead that you disengage with the person and the activity. "Don't bring them food or take care of their chores while they play, and stop apologizing or making excuses when they don't show up for family events or call in sick for work because they'd rather be gaming."

Then, map out a "game time" and "you time" calendar together. "When we did it, I stopped nagging because I knew my time was on the calendar," says Kays. "And he realized he wanted to play more than he had estimated, which was an eye opener for him."

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit [joseyvogels.com](http://joseyvogels.com).



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# Diabetes on the rise

BRIAN TOWIE  
Metro Canada



## Diabetes isn't going away. It's getting worse.

Since World Diabetes Day passed last week — and November marks National Diabetes Month — medical professionals have been getting the word out on this disease, which afflicts more than two million people across the country and kills more than 40,000 Canadians

### Pre-diabetes

• Pre-diabetes happens when glucose levels, before and after you eat, are elevated, but aren't high enough to be diagnosed as diabetes. It's becoming more common and it increases the chance of developing Type 2 diabetes and cardiovascular disease.

Many who fall into this category can delay, or even prevent, Type 2 diabetes with lifestyle changes such as diet, exercise and medication if necessary. Moderate weight loss, along with regular exercise, can significantly delay Type 2 diabetes.

every year. The numbers are only expected to go up, say experts, and depending on your lifestyle choices, you could be more at risk of contracting it than you think.

"Diabetes is increasing at a dramatic pace. It is estimated that about 8 per cent of the Canadian population has diabetes — 90 per cent with Type 2 diabetes and 10 per cent with Type 1 diabetes," says Dr. Vincent Woo, chair of the clinical and scientific section at the Canadian Diabetes Association.

By the end of this decade, the number of Canadians who suffer from diabetes will reach three million, according to a Toronto Star report published recently. There are a number of reasons for the increase besides age. Certain ethnic groups — such as South Asian, African- and Hispanic-Canadians and First Nations people — are at higher risk for the disease. Obesity and lack of physical activity are also both contributing factors. More education on diabetes prevention is needed, adds Woo, because the dis-

### Type 1 vs Type 2

• **TYPE 1:** Type 1 diabetes is an autoimmune disease in which the body makes little or no insulin. It develops most often in children and young adults before age 30, although it can appear at any age. There is no known cause and no way to prevent it. The disease is not caused by consuming too much sugar.

• **TYPE 2:** Type 2 diabetes is the most commonly diagnosed form of the disease. With Type 2 diabetes, your body can't use the insulin it makes.

It is associated with those age 40 or older, obesity, fami-

ly history of diabetes, high blood pressure, abnormal cholesterol levels (such as if your HDL or "good" cholesterol levels are 35 or lower or the triglyceride level is 250 or higher), schizophrenia, polycystic ovary syndrome, acanthosis nigricans (darkened patches of skin), previous history of gestational diabetes, history of giving birth to a baby over nine pounds, physical inactivity and ethnicity (those of Aboriginal, Hispanic, Asian or African descent). Type 2, which develops more slowly than Type 1, is increasingly diagnosed in children and adolescents.

ease's effects are so serious and lead to so many complications.

"Diabetes education is clearly needed to identify the problem early and to identify those at risk so that steps can be taken," he said. "Diabetes is the leading cause of blindness in working-aged adults, leading cause of end stage kidney failure, leading cause of non-traumatic amputation and individu-

als with diabetes have a two to four times higher rate of heart attacks. Heart attacks occur 10 to 12 years earlier, and have a worse outcome than those without diabetes."

Research is still being conducted on what causes Type 1 diabetes — experts believe genetic factors and exposure to viruses are involved. But scientists advise early detection is a key to managing Type 2



You can reduce the risk of developing Type 2 diabetes by watching your diet and getting active.

diabetes, and risk indicators include having high blood pressure and cholesterol, family history, being older than 40 years of age, and other conditions such as vascular diseases and polycystic ovary syndrome.

You can reduce the risk by watching your diet and getting more active. Less fat and more fibres, fruits

and vegetables are better choices, and exercise improves your health all around. Losing as much as 5 to 10 per cent of your body weight can also cut your risk significantly, says a report by the Canadian Diabetes Association. Regular checkups to the doctor, dentist and eye care specialists will also help.

### Gestational diabetes

• Weight gain and hormonal changes during pregnancy can induce gestational diabetes. In Canada, the number of women with this condition is higher than previously thought — especially in First Nations women, who are particularly at risk. Some of the consequences for the baby include as large-for-date babies, fetal distress

and birth trauma.

Doctors screen for gestational diabetes during pregnancy, usually in the first trimester. The Canadian Diabetes Association recommends one screening per trimester, even if results are negative after the first. If it is discovered, it is treated with a healthy lifestyle regimen and insulin if necessary.

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**Rowling to give book proceeds to orphans**

Harry Potter author J.K. Rowling hopes to make \$30 million US for orphaned children with the profits from her new book. The writer will hand the proceeds from *The Tales Of Beedle The Bard* to the Children's High Level Group, which provides support for parentless kids in Eastern Europe. **IMDB.COM**

# Entertainment

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

## Serena Ryder doing OK

Singer-songwriter blends soulful vocals and folk rock

**BRIAN COULTON**  
for Metro Canada

**When Serena Ryder won the Juno Award for best new artist in April, many were left scratching their heads.**

"They probably think I'm a lot more talented than I actually am!" Ryder says, laughing.

Surely, it was not in criticism of Ryder's deservedness of the accolade. But to them, her name was nothing new at all. She's just one member of a group of underrated Canadian female singer/songwriters, which also includes Emm Gryner, Damhnait Doyle and Esthero.

Ryder may have been active in the Canadian music industry for years before nabbing the Juno, but in collecting the honour, the 25-year-old found opportunity for self-renewal.

"That's kind of a global desire to have that newness in the world, to feel like you're starting over again and to have a fresh start," she says. "I think it's amazing that they believe I'm at the beginning of my career. That gives me the



Serena Ryder won the Juno for best new artist earlier this year.

inspiration to go a lot further."

While the acknowledgment wasn't needed, it did reassure her that the industry was finally becoming more receptive of her. "It's given me that feeling

inside my belly that I feel like I have the support behind me," she says. "That's one of the most important things, as a human in this world, to have that support and know your peers and family are all behind you."

That level of endorsement resulted in the emotionally fitful soul bearing contained on *Is It O.K.*, Ryder's new studio album. With her indefinably strong but savoury vocals and guitar-led folk rock instrumentation, Ryder says she was able to release the pain she was feeling, which she says is typically suppressed by most.

"That pain is an important part of our lives. A lot of this record was me allowing that pain to come out and to be present in the process."

Her lead single, *Little Bit of Red*, exemplifies that liberation. At the height of the song's chorus, Ryder sings, "Your black and white needs a little bit of red," reflecting on her frustration with constant human urge for self-definition in order to feel comfort.

"I like to think of the line as maybe even bleeding a little bit," she says. "The song is really about trying to fit yourself into those boxes and using those boxes as excuses for a lot of your fears. But humans are multi-faceted beings. There's never one thing that can define us."

## Seal celebrates change on new album

**A "collective consciousness" that led to the election of Barack Obama is what inspired Seal to record his latest single, a cover of Sam Cooke's *A Change Is Gonna Come*, and the other R&B covers on the British singer's new *Soul* album.**

"The initial inspiration came from what I perceived to be a collective consciousness of people," Seal told *Billboard*, "not



Seal

people are reckless, frustrated and irresponsible.' And I think the collective got together realizing there's something that needed to change."

Seal recorded *A Change Is Gonna Come* with David Foster and filmed a video for the song "that we were just going to put out on the Internet so people would feel as if they weren't alone in their quest for answers and relief. And then David saw the video and said, 'Look, this is incredible. We can't stop here. You just have to keep going,' and so we did. Three weeks later, we had an album."

**REUTERS**

## Latest Bond rules global box office

**MOVIES** The latest James Bond thriller dominated the box office in much of the world during the weekend, boosted by a record opening in North America.

*Quantum of Solace* sold \$70.4 million US worth of tickets in its first three days of release across the United States and Canada.

The new film also earned \$56.1 million in 73 countries during the weekend, for a foreign total of \$251.6 million.

**REUTERS**

**Model host**

Jay Manuel will be back as host for the next season of *Canada's Next Top Model* on CTV. Auditions for contestants continue until Dec. 22. Information at [model.ctv.ca](http://model.ctv.ca).

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## School won't always prepare us for life

### HineSight

Anne Hines



I think I've learned a very important life lesson. No one can teach you what you really need to know. When my younger daughter, Becky, went to university this fall, her dad and I hoped she'd learn many useful things. Ideally, some of it would be in the classroom.

So far Becky has shared that she now knows mixing shooters with beer is a bad idea. And, if you leave a pizza unattended in the co-ed lounge while you go grab a Coke, you're going to have to learn to live with disappointment.

Becky has learned a few academic lessons as well. Unlike high school, she no longer leaves her classwork for the night before it's due. University libraries are open 24 hours. Now she leaves it until the morning it's due.

To be fair, I recall learning some less-than-useful things when I was in college. In a first year philosophy course, our main exam question was, "There is a chair in a room. If you leave the room, does the chair still exist?" We were asked to list what possible questions this concept poses.

My answers included, "If you're not in the room, who cares if the chair is

still there?" and, "Is the chair facing a television?" Needless to say, I did not do particularly well on that test. I did get a marginally better grade than my classmate who asked, "Is there a matching ottoman?"

These days I'm back at university studying to be a United Church minister. Once again, I've realized that what we learn in a classroom doesn't always prepare us for real life. What I've come to believe about religious texts is, if they leave you feeling you have all the answers, you're probably not asking yourself the right questions.

My school work assignment is being student pastor in an "end of life" care hospital.

The first day, I broke a light in the lounge, set off the medic alarm in five separate rooms and almost lost a patient down a ramp as I attempted to fix his wheelchair brake. A nurse called me over as I was leaving.

"These people are dying already, honey," she said gently.

"They don't need your help."

When it comes to Becky's life, or mine, perhaps no school can teach us what we really need to know. So, how will we achieve the wisdom we need? By living.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

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## New American Idol season, new rumours

### PROVING A NEGATIVE:

American Idol begins in a couple of months, which means it's time for the annual "Paula — nuts or toast?" rumours. They've begun right on

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Rick McGinnis



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schedule,

with a denial by her publicist (there's a job you'd take only if the alternative was incurable cancer) published in the Los Angeles

Times, in response to a rumour that apparently started with OK magazine before gaining traction on Perez Hilton's website.

Excuse me for a second while I ponder this dubious chain of information.

It's the sort of questionable authority that would make me doubt basic laws of physics should they confidently report on rumours of gravity or photosynthesis in action.)

"It's absolutely

**"It's a tactic somewhere up there with the fundraisers... telling you that the alma mater will cease to be if you don't write a cheque now."**

untrue," said Abdul's publicists in response to the story that she was leaving the show, though a further rumour was offered up by a

nameless source that it was a ploy by Abdul to renegotiate her contract.

From where I'm sitting, it's a tactic somewhere up there with the fundraisers at your old school telling you that the alma mater will cease to be if you don't write a cheque now.

Another rumour proved untrue was the one that NBC had canceled Lipstick Jungle, which had prompted fans of the show to start sending the network — get ready for it — tubes of lipstick in protest.

Rick McGinnis writes about music, movies, books and television, but not opera.

## Hollywood out of touch with U.S. morals: Poll

**VALUES** Most Americans believe that Hollywood is out of step and doesn't share their moral values, according to a new poll.

Sixty-one per cent of people surveyed in the poll commissioned by the Anti-Defamation League (ADL) said that religious values in America are under attack.

And nearly 60 per cent of the 1,000 adults questioned agreed that "the people who run the TV networks and the major movie studios do not share the religious and moral values of most Americans."

"These findings point to the challenges that we face in dealing with issues of religion in society," said Abraham H. Foxman, the

national director of the ADL.

"The belief that religion is under attack underlies the drive to incorporate more religion into American public life. Disturbingly, 43 per cent of Americans believe there is an organized campaign by Hollywood and the national media to weaken the influence of religious values in this country," he added in a statement.

The poll, conducted by the Marttila Communications Group, also showed that 61 per cent of people agree that religious values are under attack in this country, compared to 36 per cent who disagree.

## Trailer boys will soon say goodbye

**The Trailer Park Boys will soon be no more.**

After seven successful seasons, the cult favourite Canadian mockumentary TV series set in a fictional Nova Scotia trailer park is coming to an end in the fall of next year.

Creator Mike Clattenburg broke the news Wednesday in a blog posting on the Showcase website. There

will be a one-hour TV special on Showcase Sunday, Dec. 7 at 11 p.m., followed by a sequel to their hit movie which will hit Canadian theatres in

PHILIP CROUCHER  
Metro Canada

October, 2009.

But after that, it's so long to Ricky, Julian, Bubbles and the rest of the Sunnyvale gang.

"Yes, it's the end of Trailer Park Boys," Clattenburg wrote on his blog. "Our fans have been so supportive and inspiring that we wanted you to be the first to know."

Trailer Park Boys became the highest-rated Canadian show on specialty TV in 2004, and that same year, also won the Gemini Award for Best Comedy Series. In 2005, it won the Gemini for comedy's Best Ensemble Performance.

The first film was nominated for a Genie in 2006. The working title for its sequel is Countdown To Liquor Day.









Former Full House child star Jodie Sweetin has signed a six-figure deal for her forthcoming memoir about her battle with drugs and alcohol. The book, tentatively titled *Wild Cards*, comes three years after she kicked the habits. [IMDB.COM](http://IMDB.COM)

## Celebrity Buzz

### Pam goes punk as Westwood model

**MODELLING** Former Baywatch beauty Pamela Anderson will replace her famous red swimsuit with more offbeat attire — she is to model for punk fashion designer Vivienne Westwood, [imdb.com](http://imdb.com) says.

The actress has reportedly signed a six-figure deal to be the face of British designer Westwood's spring/summer range next year.

A source tells Britain's Mail On Sunday newspaper, "Vivienne and a team of stylists and photographers jetted to Los Angeles last week to shoot Pammie in the new campaign."

"She met Vivienne at one of her parties last year and they hit it off. Vivienne loves the quirkiness of having Pam in one of her campaigns."

Westwood's outrageous designs became popular with Britain's punk rock bands in the 1970s.

METRO NEWS SERVICES

### Straight Lindsay set to leave Sam?

**RELATIONSHIPS** Lindsay Lohan is reportedly set to split from girlfriend Samantha Ronson — because she has realized she is not gay, [imdb.com](http://imdb.com) reports.

The pair sparked gossip about the extent of their friendship when they were spotted kissing and cuddling in Cannes, France, earlier this year.

Now it is claimed Lohan is getting tired of Ron-

son's constant presence — and is starting to question her own sexuality.

A source tells British newspaper the News of the World, "Lindsay is on the brink because Sam won't leave her side. Whenever she does, Lindsay's on the phone telling her mates she's decided she's not a lesbian."

"Of course she still has feelings for Sam — but she also feels like she has to escape."

METRO NEWS SERVICES



### Kidman superstitious over her marriage

**RELATIONSHIPS** Nicole Kidman is so determined to make her marriage to Keith Urban last, she "touches wood" every day for good luck, [imdb.com](http://imdb.com) reports.

The Oscar-winning actress wed the country singer in June 2006, and they had their first child together — daughter Sunday Rose — in July.

But the Moulin Rouge star insists she and her husband have to work hard at their marriage if it is going to last the distance.

Kidman tells USA Today newspaper, "We're both willing to move mountains to make it work and, with that, you still touch wood. You commit to it and say, 'Whatever we can do that's hu-

manly possible, we're going to do.' And that's it."

"I don't take any of it for granted. To have love again is a beautiful thing."

Kidman divorced first husband Tom Cruise in 2001. The pair has two children together; Isabella and Connor.

METRO NEWS SERVICES



### Beckinsale won't keep it casual

**RELATIONSHIPS** Kate Beckinsale refuses to dress down as she believes it would ruin her marriage, [femalefirst.co.uk](http://femalefirst.co.uk) reports.

The Pearl Harbor star hates going without make-up when she isn't working because she doesn't think her husband, director Len Wiseman, "would be a bit upset if I did."

"It's nice to feel like you're wooing the other person a bit, as once it degenerates into wearing yesterday's sweatpants and farting on the sofa, you lose a bit of the spice," she said.

"You've got to keep up the seduction phase — it's fun."

METRO NEWS SERVICES



### Kiefer to move for N.Y. girlfriend

**RELATIONSHIPS** 24 star Kiefer Sutherland is planning to move to New York City from California, so he can be closer to his journalist girlfriend, Allure magazine style director Siobhan Bonnouvier, [imdb.com](http://imdb.com) reports.

And, he can't wait to live in New York: "There's a sexiness to the people here that's extraordinary."

Everybody's full of purpose. No one's just f—king around."

METRO NEWS SERVICES



### Taylor hopes to become Dr. Swift

**PLANS** Teen star Taylor Swift has another career in mind if she tires of singing country music — she hasn't let go of her dreams of becoming a surgeon, [femalefirst.co.uk](http://femalefirst.co.uk) reports.

The 18-year-old singer clings to hopes of a career in medicine, after being named her high school's best dissector in biology class.

METRO NEWS SERVICES



### Willis' independent streak

**CAREER** Hollywood newcomer Rumer Willis refused to take any favours from her famous parents, so she could make it as an actress in her own right, [imdb.com](http://imdb.com) reports.

The daughter of divorced Hollywood power couple Bruce Willis and Demi Moore was determined to carve out her own career, without being accused of benefiting from her parents' connections.

And Willis is starting to make her own mark on the industry; she recently landed roles in *The House*

Bunny and forthcoming film *Wild Cherry*.

Dad Bruce says, "She sat us down and said, 'I know you two think you're big shots, but I don't want any help.' And she went off and got work on her own."

Although she now refuses help from her famous parents, Willis' Hollywood career was kick-started by appearances in their films, including Moore's *Striptease*, and with father Bruce in *The Whole Nine Yards* and *Hostage*.

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### Is Ferrara 'special person' to Sigler?

**DATING** Former Sopranos star Jamie-Lynn Sigler has hinted rumours she is dating Entourage star Jerry Ferrara are true, [imdb.com](http://imdb.com) reports.

Sigler refuses to confirm they are dating, but says, "He is a special person."

But the star admits her pickiness makes it hard to date: "It takes a lot for me to even want to kiss someone. I have to have a connection and those are rare for me."

METRO NEWS SERVICES



### Idol girlfriend calms Cook

**RELATIONSHIPS** Amid all the American Idol craziness, last year's champ David Cook finds peace and perspective with the help of girlfriend and former Idol contestant Kimberly Caldwell, [People.com](http://People.com) reports.

"She's a nice break from the chaos," he says.

Just don't ask if they like to do duets. "No, we don't," says Cook.

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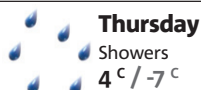
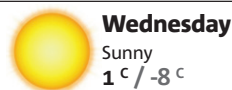
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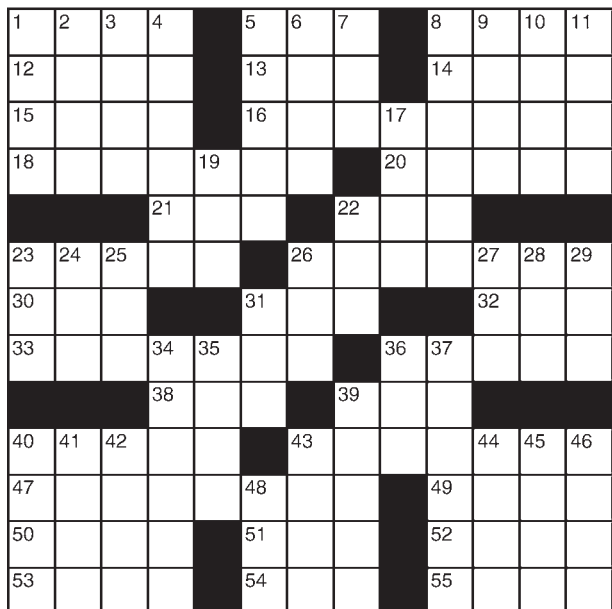
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## Take Five



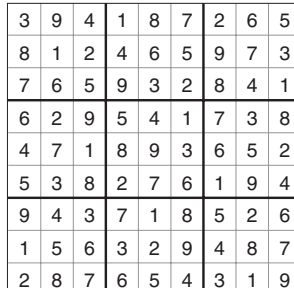
### Crossword across

- |                            |                            |
|----------------------------|----------------------------|
| 1 Easter entree            | 31 Carpet                  |
| 5 Old, in the dict.        | 32 Solemn promise          |
| 8 Hooters                  | 33 Sleep                   |
| 12 Curved molding          | 36 Line                    |
| 13 Bikini half             | 38 Census statistic        |
| 14 Bog matter              | 39 Chignon                 |
| 15 Gator's cousin          | 40 In the group of         |
| 16 2008 Shia LaBeouf movie | 43 Marksman                |
| 18 “M*A*S*H” character     | 47 Big name in frozen food |
| 20 German painter Max      | 49 Summertime desserts     |
| 21 Golfer Ernie            | 50 Otherwise               |
| 22 Merit badge org.        | 51 Pismire                 |
| 23 Amulet                  | 52 Historic times          |
| 26 Marble type             | 53 Apocalypse              |
| 30 Apply lightly           | 54 In medias —             |
|                            | 55 Foolproof               |

### Crossword down

- |                          |                            |
|--------------------------|----------------------------|
| 1 Ness or Lomond         | 27 Previous night          |
| 2 Taj Mahal city         | 28 Second person           |
| 3 Cat call?              | 29 Lamb's dam              |
| 4 Ted Danson sitcom      | 31 “Catcher in the —”      |
| 5 Follows orders         | 34 Partnership, in a sense |
| 6 Scottish hillside      | 35 Quiche maker's needs    |
| 7 Droop                  | 36 Sine-non link           |
| 8 Met shows              | 37 Briefs et al.           |
| 9 Alternative rock group | 39 Borscht ingredients     |
| 10 Potato chip brand     | 40 Sleeping                |
| 11 Undo a dele           | 41 Venus de —              |
| 17 For fear that         | 42 Approximately           |
| 19 Shade provider        | 43 Unit of force           |
| 22 Satchel               | 44 Beige                   |
| 23 LPs' successors       | 45 Calendar quantity       |
| 24 Scoffer's laugh       | 46 Being, to Brutus        |
| 25 — Dhabhi              | 48 Corn spike              |
| 26 Poolroom stick        |                            |

#### PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



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#### SUDOKU SOLVE TIME:

- |                    |         |                 |                 |
|--------------------|---------|-----------------|-----------------|
| Under 13 min ..... | Genius  | 17-21 min ..... | Smart           |
| 13-17 min .....    | Scholar | 21-25 min ..... | Not bad         |
|                    |         | 25+ min .....   | Keep practising |

### Metro Recipe of the Day



#### Chicken with Apricots and Cumin

##### INGREDIENTS:

- 2 tbsp (25 mL) sunflower oil
- 8 chicken thighs, about 1 lb (500 g) in total
- 1 onion, sliced
- 2 garlic cloves, chopped
- 1 tsp (10 mL) ground cumin
- 1 tsp (10 mL) ground cilantro
- 1 2/3 cups (400 mL) chicken stock
- 3 carrots, halved crosswise, then each half cut into 6 to 8 thick pieces
- 1 bulb fennel, halved lengthwise, then cut crosswise into slices
- 5 ripe but firm apricots, pitted and quartered
- Salt and fresh-ground black pepper
- Chopped fennel leaves from the bulb, or herb fennel

##### METHOD:

1. Heat oil in a large Dutch oven over medium heat. Add chicken thighs and sauté until golden brown all over, 5 to 10 minutes. Remove from the pot. Add onion and garlic to Dutch oven and sauté until soft and golden, about 5 minutes.
2. Stir in cumin and cilantro

and sauté 1 minute. Pour in stock, and return chicken to the Dutch oven together with carrots and fennel. Bring to a boil and stir well. Reduce heat, cover, and simmer until chicken is tender and juices run clear when the thickest part is pierced with a knife, about 30 minutes. Uncover and, if there is too much liquid, boil to reduce slightly.

3. Add apricots to Dutch oven and stir gently to mix. Simmer over low heat 5 minutes longer.

4. Season to taste with salt and pepper, sprinkle with fennel leaves, and serve with rice or potatoes.

##### PER SERVING

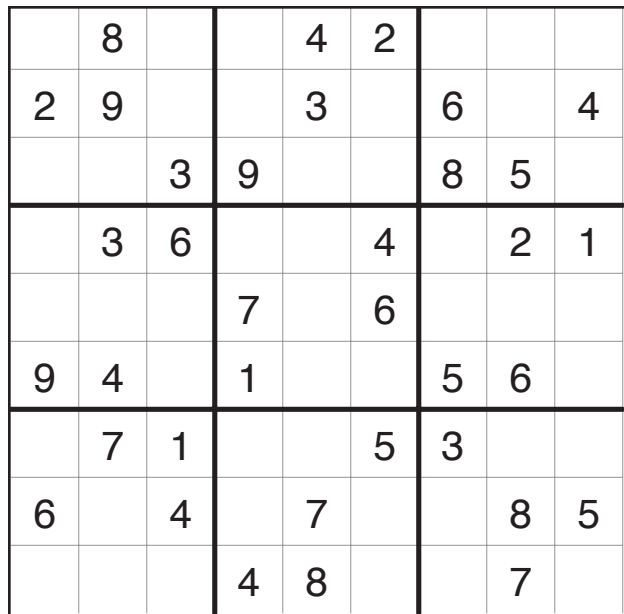
360 calories, 24 g total fat, 6 g saturated fat, 12 g carbohydrate, 13.3 g fibre, 22 g protein

##### SERVES 4



### Sudoku

**HOW TO PLAY:** Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



### Horoscopes

#### AVATAR VENUS

**ARIES**  
**MARCH 21-APRIL 20**  
 You don't have to bear a point-less burden. Someone is found guilty of showing disrespect. Restrain your temper if alarmed by a loud noise.



**TAURUS**  
**APRIL 21-MAY 21**  
 Tears will be in someone's eyes. A neighbour's woes will have a direct impact. A good connection is made with a gleeful person.



**GEMINI**  
**MAY 22-JUNE 21**  
 Take heed of a warning. Control your mind and be brave. Don't expect a distasteful man to understand anything.



**CANCER**  
**JUNE 22-JULY 22**  
 You're wiser than you feel. Tell the truth about a bad situation. People are pleasant for a good reason.



**LEO**  
**JULY 23-AUG 23**  
 Make decisions based on a lack of support. Existential loneliness is the upshot of the latest crisis. Shape the future with yesterday's hero.



**VIRGO**  
**AUG 24-SEPT 22**  
 A brave man gives you pleasure. Your sense of judgment is impaired by misdirection. A blabbermouth's falsehood is discovered.



**LIBRA**  
**SEPT 23-OCT 23**  
 Everything will work out for the best. A persuasive person wins peoples' hearts. Someone begins a new chapter in their life.



**SCORPIO**  
**OCT 24-NOV 22**  
 Material goods become a divisive issue. What you see is what you get. The dictates of a good conscience will smooth a path.



**SAGITTARIUS**  
**NOV 23-DEC 21**  
 Imagine the possibility of being free. Socialize with a fabulous man to change your status. It's up to you to fix a dire situation.



**CAPRICORN**  
**DEC 22-JAN 20**  
 You'll be the most stable person in a group. A sympathetic approach helps a perplexed friend. Be sure to rest later.



**AQUARIUS**  
**JAN 21-FEB 18**  
 Bad times won't last forever. Lower your expectations to find peace. Spend more time enjoying the company of friends.



**PISCES**  
**FEB 19-MARCH 20**  
 You'll find out what you really need. A coward will confess with shame. An isolated person takes pleasure in your efforts.



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